



YOUTH DEVELOPMENT

Nurturing the development of children and teens

YOUTH SWIMMING LESSONS

Youth Aquatic lessons cost \$40 for Y members; \$60 for program members
(two lessons per week for six weeks)

SOS lessons cost \$60 for Y members; \$80 for program members

Wenatchee Pool

Parent / Child (6-36 mos.)
M,W 10:00 am - 10:30 am
T,Th 7:00 pm - 7:30 pm

Pike / Eel
M,W 10:40 am - 11:10 am
M,W 5:00 pm - 5:30 pm
T,Th 4:55 pm - 5:25 pm

Ray / Starfish
T,Th 5:35 pm - 6:05 pm

Polliwog
T,Th 6:15 pm - 6:45 pm

Guppy
T,Th 4:15 pm - 4:45 pm

EYAC

Parent / Child (6-36 mos.)
M,W 6:20 pm - 6:50 pm

Pike
M,W 5:00 pm - 5:30 pm
M,W 6:20 pm - 6:50 pm

Eel
M,W 6:20-6:50 pm

Ray / Starfish
M,W 5:40 pm - 6:10 pm

Polliwog
M,W 5:00 pm - 5:30 pm
M,W 5:40 pm - 6:10 pm

Guppy
M,W 5:40 pm - 6:10 pm

Minnow/Fish
M,W 5:00 pm - 5:30 pm

Teen Swimming Lessons (Ages 13-17)
M,W 6:20 pm - 6:50 pm

S.O.S.
M,W 5:00 pm - 6:00 pm

Adult Swimming Lessons
M,W 6:20 pm - 6:50 pm
Free for Y members
\$60 for program members

REGISTRATION BEGINS

At 6:00 AM at the Wenatchee Valley YMCA

Sessions and Registration Dates

| Session | Session Dates | Household Reg. | Member Reg. | Non-member Reg. |
|---------|---------------|----------------|-------------|-----------------|
| W1 | Jan 9-Feb 17 | Jan 3 | Jan 4 | Jan 5 |
| W2 | Feb 20-Mar 30 | Feb 14 | Feb 15 | Feb 16 |
| SP | Apr 9-May 18 | Apr 3 | Apr 4 | Apr 5 |

* Youth swimming lessons information on page 2

Wenatchee Valley YMCA • 509-662-2109 • www.wenymca.org



WENATCHEE VALLEY YMCA

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YOUTH SWIMMING LESSONS

WHAT SWIM LESSON CLASS SHOULD MY CHILD BE IN?

PRESCHOOL (ages 3-5)

Can your child front float with breath for 10 seconds and back float for 5 seconds?



PIKE

PROGRESSIVE LESSONS (ages 6-12)

Can your child jump in the water, float and return unassisted? Can your child front, side and back paddle for 20 feet?



POLLIWOG

Can your child front and back float with breath for 20 seconds and paddle on front, and back for 10 feet unassisted?



EEL

Can your child swim 50 yards of crawlstroke and backstroke unassisted?



GUPPY

Can your child jump in the water, float and return unassisted? Can your child front, side and back paddle for 20 feet?



RAY

Can your child swim 100 yards (4 lengths) of crawlstroke and backstroke unassisted?



MINNOW

Can your child jump in the deep end, paddle for 15 feet and return? Can your child front, side, and back paddle for 40 feet?



STARFISH

Can your child swim 150 yards (6 lengths) of crawlstroke, backstroke, sidestroke, breaststroke and elementary backstroke?



FISH

Swimmers successfully completing Starfish may participate in Guppy.

Swimmers in Minnow level or higher may participate in S.O.S.

* Youth swimming lessons information on page 1

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